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THAT'S WHAT WE LIKE ABOUT HUGH

GO FROM WUSS TO WOLVERINE WITH HUGH JACKMAN'S WORKOUT

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Londoner released in Mauritania

Accused terrorist Aaron Yoon insists he is innocent PAGE 3

Tories do the cabinet shuffle

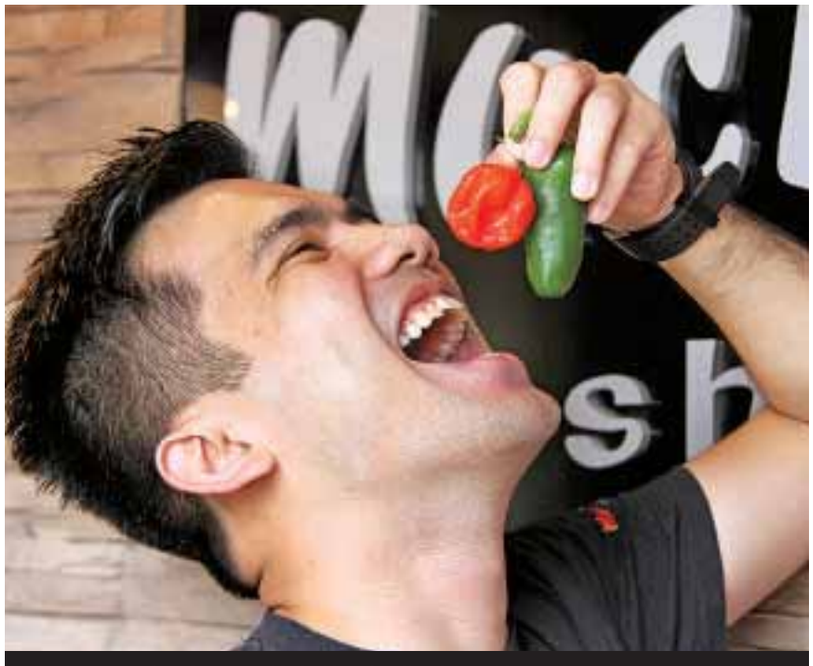
Stephen Harper moves it to the right, and shakes up his roster of ministers with eight new faces, including four women PAGE 5

A not so super hero

Arrested Development actor Michael Cera talks about playing against type in the drug-fuelled indie movie Crystal Fairy PAGE 7

NEWS WORTH SHARING.

Debunking the heat-wave myths



Scott Bianan, 25, of London, toys with the idea of cooling down with some hot peppers on Monday at Mucho Burrito restaurant on Wellington Road. It turns out that eating spicy food won't help cool you down during a heat wave. That's an urban legend, the Middlesex-London Health Unit says. MIKE DONACHIE/METRO

Burn, baby, burn. Not everything you hear about beating the heat is true, experts say

The Middlesex-London Health Unit announced its second heat alert of the year on Monday as Environment Canada forecast humidex values in the 40 C range all week.

With a high of 36 C expected on Thursday, and a humidex of up to 45 C, Metro tasked the health unit with confirming or debunking common myths about the best way to keep cool:

True or false: Eating hot, spicy foods will cool you down.
False. Spicy foods generally increase circulation and therefore raise internal body temperature. While this may cause you to sweat, which may make you feel cooler depending on your health status, it may also increase your core body temperature.

Will sports drinks beat the heat?
Drinking water and natural fruit juices are effective ways to stay hydrated. Sports drinks are designed to replenish minerals and salts lost during exertion or sports activities. They aren't designed to cool you down.

Should you be concerned about the medications you're taking?
It's a good idea to consult your physician or pharmacist during extreme-temperature days to find out whether certain medications should be taken.

Is dry heat easier to deal with than humid heat?
Neither is better than the other, as both can cause health concerns if not managed properly.

True or false: If you feel you're about to pass out, you should find the nearest pool or lake and dive in.
False. In a confused state of mind, such as those that can be caused by extended exposure to extreme heat, jumping in the nearest body of water can cause other health and safety issues such as drowning. A cool bath or shower can be safe alternatives.

Fans are the best way to stave off heat stroke.
While research in the last few years has shown that when placed in an open window electric fans can draw in cooler air from outside, the same research also pointed out that when temperatures climb above 35 C, fans only blow the hot air at you, which can actually cause heat gain and not cooling. So, at temperatures above 35 C, fans may not cool you off and may actually make you hotter.

SCOTT TAYLOR/METRO

Some cool places this week

- Spray pads are open daily from 9 a.m. to 9 p.m. Outdoor pools are open from 1:30 to 4:30 p.m. and 6 to 8 p.m.
- Childreach (265 Maitland St.) is open from 9:30 a.m. to 7:30 p.m. through Thursday to children who want to cool off.
- Nichols Arena (799 Homeview Rd.) offers shinny on Wednesdays and Sundays. Check with the arena for details.

COVENT GARDEN MARKET
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Sun. 10 am - 10 pm
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• Latin Orchestras
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NEWS 1

Safety warning issued after deadly week on city streets

Stats. Overall, number of vehicle crashes involving pedestrians holding steady, police say

SCOTT TAYLOR
scott.taylor@metronews.ca

Police are urging caution on the streets after two people were killed and another sent to hospital in critical condition in three separate collisions.

Two of the crashes involved pedestrians, while the other incident involved a bicycle and a city bus.

A 44-year-old man who was hit by a car at Wellington and Dundas streets July 9 died Thursday. Police released the details Monday, saying Jesse Forrest of London succumbed to injuries sustained during the collision.

Although the incident is still under investigation, police say the northbound Dodge Avenger that hit Forrest was passing through the intersection on a green light. It's not known yet if any charges will be laid.

A 45-year-old man on a bicycle was killed after colliding with a city bus Friday afternoon near Hamilton Road and Smith Street.

It's believed he was riding on the sidewalk when he veered onto the road and hit the bus.

Meanwhile, a 17-year-old girl was fighting for her life in hospital Monday after being hit by a car while running for a city bus Sunday at the intersection of Adelaide Street North and Fanshawe Park Road East.

Police say a Honda Civic was travelling eastbound on Fanshawe Park Road and had a green light at the intersection.

None of the drivers involved in the incidents were injured.

Police Const. Ken Steeves acknowledged the tragic week, but said year-to-date statistics show no marked increase in collisions between vehicles and pedestrians. There's been a far lower rate of collisions between bicycles and vehicles compared to last year, he said.

The spike in bicycles being hit last year, though, could be attributed to the early warm weather that had cyclists on the roads from the first week of March.

Sgt. Ryan Scrivens of the traffic management unit said in a release that everyone needs to be aware of their surroundings, whether on foot or behind the wheel.

"First and foremost, our thoughts and prayers are with those who have suffered loss as a result of these tragic events," the release said. "Whether you travel by foot, bicycle, motorcycle, car or truck, we want to remind everyone to focus on safe travelling when out on our sidewalks, roads and highways."

A 17-year-old was taken to hospital after being hit Sunday while running across this intersection at Fanshawe Park Road East and Adelaide Street to catch a city bus. The incident was one of several in what's been a string of recent crashes involving pedestrians, cyclists and vehicles. SCOTT TAYLOR/METRO

In numbers

3

Number of vehicle crashes involving pedestrians/cyclists and vehicles in the past week.

PETA protester makes a saucy statement

Everybody may have been baking in Monday's heat, but one girl in downtown London was turned into human barbecue.

Smeared in barbecue sauce and lying on a giant plate with lettuce leaves for company, Lisa Lattanzio suffered for the cause of animal-rights group PETA.

Determined to raise awareness about the treatment of animals and the benefits of being vegan, she wore only panties and some tape over her nipples as she lay on the ground for 53 minutes.

The group's protest at King and Wellington streets captured plenty of attention.

Cellphones were pointed at the 27-year-old from all directions. Cars stopped so people could take pictures. People laughed and shouted things like: "Is she on drugs?" Volunteers handed out pamphlets and explained their ideas. Lattanzio, meanwhile, baked in the sun.

She said after: "The level of discomfort that I'm feeling doesn't compare to the amount of suffering thousands of animals are undergoing right now in trucks that are so hot some of them don't even make it to the slaughterhouse because they are literally cooked alive."

Asked how she could be so dedicated, she said, "How could I not be? It's hard to shut your eyes once they are open."

The protest was the start of a five-day, five-city road trip for PETA, which will be in Toronto, Ottawa, Montreal and Quebec City later this week. MIKE DONACHIE/METRO

Minute by minute

- **Minute 1.** Lisa Lattanzio arranges herself on her giant plate.
- **20 minutes in.** Volunteer Emily Lavender has to push her back towards the middle of the plate. She's sliding around in her barbecue sauce.
- **25 minutes in.** A woman stops her car and asks, apparently serious, "Do you want me to call 911?"
- **27 minutes in.** Safety check and water break, repeated at 39, 46 and 51 minutes.
- **30 minutes in.** Lattanzio is visibly suffering now, and shifting position on the hot ground.
- **41 minutes in.** A grinning passerby starts shouting at Lattanzio. "Pay attention to the menu!" he yells, weirdly.
- **45 minutes in.** A woman breaks from a cellphone conversation to ask, "Is she dead?"
- **53 minutes in.** Lattanzio has had enough, and starts cleaning up with some wipes before heading for a shower.

PETA protester Lisa Lattanzio, 27, turns heads in downtown on Monday as she draws attention to the suffering of animals raised for food. MIKE DONACHIE/METRO

Terrorism charges.
London native released from African jail

Aaron Yoon, the 24-year-old London native serving a sentence in Mauritania for terrorism charges, has reportedly been freed from prison and will be deported from the country.

Mauritania's prosecutor for the appeals court told The Associated Press that Yoon was released on Sunday because he "has already served his time."

Arrested in December 2011, Yoon was sentenced to 10 months and a $2,000 fine for his alleged involvement with al-Qaida in the Islamic Maghreb.

Yoon had left his London home for Mauritania in the spring of 2011 with two of his high-school friends, Ali Medlej and Xristos Katsiroubas.

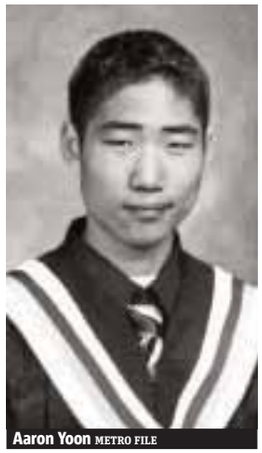
He told his family he wanted to learn Arabic and study the Qur'an, and that's what they thought he was doing — until the bodies of Medlej and Katsiroubas were found alongside the militants who stormed an Algerian gas plant in January.

The attack, which killed at least 37 hostages, including French, American, Japanese and Irish nationals, made international headlines.

Soon after, it was revealed that Yoon was in custody. Sources have told Torstar News Service that both Medlej and Katsiroubas were also previously arrested in Mauritania, but later released.

It is unclear why Yoon was suddenly released Sunday. Prosecutors had appealed his sentence in May and were seeking 10 years for what they claimed was his link to "dangerous terrorist activity" and his role in "the recruitment of jihadists."

An unnamed judicial source told Agence France-Presse that Yoon "was sentenced by an appeals court on Sunday to a year and a half in prison but he has already spent this time in jail."



Aaron Yoon METRO FILE

Yoon's relatives could not immediately be reached for comment.

Yoon has maintained his innocence, saying he was tortured into confessing.

Alex Neve, the secretary general of Amnesty International Canada, visited with Yoon last month and said he found Yoon's claims of torture to be "credible."

"He was beaten repeatedly for what seemed an eternity; off and on for close to one hour," Neve wrote in a blog about Yoon's initial detention in police custody, before he was transferred to prison.

"He was kicked, punched and hit with sticks of wood. Eventually he lost consciousness."

Yoon gave Neve a message for Canadians — saying he was not a criminal.

"I am innocent and hope I can prove that one day," Yoon told Neve. "Whatever people may think about me because of what my friends have done; whatever people may think of me because they don't understand the choices I have made — I hope they do understand one thing: No one should ever be tortured and I have been tortured."

TORSTAR NEWS SERVICE

Jazz kings

Chicago to take on London

Jazz kings Chicago are coming to London next year.

The band will perform Feb. 27 at Budweiser Gardens' RBC Theatre, officials announced Monday.

Tickets go on sale at 10 a.m. Friday. Call 866-455-2849 or visit budweisergardens.com. They range from $34.25 to $101.25.

The band has teamed up with the American Cancer Society for a deal that will offer backstage passes and a chance to sing on stage during the performance. People can win the gig through an auction at MissionFish.org.

METRO

Premier Kathleen Wynne was greeted by a large, noisy crowd last night as she appeared at a Liberal event to support Ken Coran. She told a room full of volunteers that her personal experience confirmed Coran is a long-term Liberal Party supporter and London resident, and spoke warmly about his abilities and qualities. From left: London West Liberal president Scott Courtice, Ken Coran and Kathleen Wynne. MIKE DONACHIE/METRO

Byelections 'tough for government': Wynne

Expectations. London West Liberal candidate, meanwhile, says party's past is on voters' minds

MIKE DONACHIE
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He's facing tough questions from the voters, and his own leader has apparently braced herself for defeat.

But London West Liberal candidate Ken Coran isn't giving up.

Coran acknowledged Monday that a year of political scandal is influencing the riding's byelection, triggered after then-energy minister Chris Bentley, also a Liberal, resigned in the wake of the gas-plants scandal.

"People are concerned about what has happened over the last year," Coran said. "What I am explaining to them is that the Liberal Party under the new leader is a basically rejuvenated party."

The new leader — Ontario Premier Kathleen Wynne — made London her first byelection campaign stop Monday evening, meeting with party faithful for a rally and barbecue to support Coran.

Issues on the doorstep

- London West Liberal candidate Ken Coran said the most common questions he is asked are about jobs and the economy.
- As for the direction of his campaign, Coran said, "I'm feeling very good. I would say we are gaining momentum every day."

Earlier in the day, Wynne said she knows Aug. 1 could be a tough day for her party.

"Byelections are unpredictable. They're tough for government," she said in her first public statements since dropping the election writ in five ridings. "There's no way whatever happens in these byelections that there will be a Conservative or an NDP government, so it's a pretty risk-free way for people in ridings to send a message to government about upping a game." WITH FILES FROM TORSTAR NEWS SERVICE

Operational issues at Ornge linked to up to eight patient deaths, coroner says

Ontario's chief coroner says operational issues at the province's troubled air ambulance service contributed to the deaths of as many as eight patients.

A panel of experts who reviewed 40 cases found that operational issues at Ornge definitely had an impact in two cases. There were five cases where there was a possible impact and one where there was "probable impact."

A review of cases from January 2006 to June 2012 was launched after the release of cabinet documents that showed the government investigated 26 deaths related to 145 incidents involving Ornge since 2007.

One investigation of a car crash in the London area on July 17, 2011, noted that Ornge didn't respond to the call — even though there was an aircraft available in Toronto — because its dispatch centre was waiting to see "if the patient was hurt enough." One person died and the coroner was notified. THE CANADIAN PRESS

Interim chief coroner of Ontario Dr. Dan Cass HANDOUT/MCSCS.JUS.GOV.ON.CA

Labelling concerns

‘Broad spectrum’ sunscreen carries broad definition

Some may think that when they grab a bottle of “broad spectrum” sunscreen, they are protected from these rays, but Health Canada labelling hasn’t yet caught up with new U.S. regulations.

The 2012 U.S. labelling rule calls for UVA protection in all “broad spectrum” products. Health Canada is considering similar regulations. **GRAHAM LANKTREE/METRO IN OTTAWA**

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died. **THE ASSOCIATED PRESS**

Manitoba flood

Evacuees’ hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over $3 million in unpaid bills.

The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn’t paid him since he accused it of squandering money months ago.

THE CANADIAN PRESS

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes on Sunday.

Police say the baby was seen crying and sweating profusely but is OK.

THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné’s employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than $10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company’s parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

“I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages,” said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**

A fireman drives by a charred car on Monday on the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week since the incident. JACQUES BOISSINOT/THE CANADIAN PRESS

Haligonians won’t stand for Chris Brown concert

The promoter of an upcoming Energy Rush concert at Alderney Landing in Dartmouth, N.S., says he is “not ashamed” for naming Chris Brown as headliner, despite a recent backlash in the area.

Stephen Tobin, owner of Drop Entertainment Group, said Monday he was expecting some controversy but wasn’t prepared for the vitriol.

“Make no mistake about it, we are not condoning Chris Brown’s past behaviour,” Tobin said of the R&B singer, who assaulted girlfriend Rihanna in 2009.

“People are educated and wise enough to make their own decision, and if somebody does not support the artist they can show that dissatisfaction … by simply not buying a ticket.”

Over the weekend, Brown was announced as the headliner of the Aug. 31 show, and some Haligonians voiced their disapproval on social media.

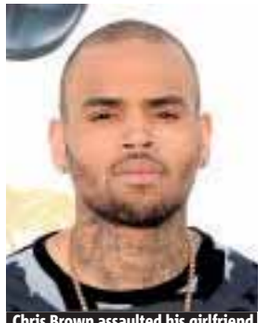
Mayor Mike Savage and the Avalon Sexual Assault Centre also said Monday that they are disappointed Brown will be performing in Dartmouth.

Since the announcement, Rogers and Molson Coors have pulled their Energy Rush sponsorship, but Tobin said that will have “no impact.”

“We’re now five years beyond this,” Tobin said, referring to the assault. “He’s trying to move on. I think we’re sending a message that if somebody makes a mistake, you will never be forgiven.”

The controversy came as a judge in Los Angeles revoked Brown’s probation on Monday after reviewing details of an alleged hit-and-run accident in May. But Brown, who has not entered a plea in that case, was allowed to remain free on his own recognizance.

HALEY RYAN/METRO IN HALIFAX, WITH FILES FROM THE CANADIAN PRESS



Chris Brown assaulted his girlfriend Rihanna in 2009. JASON MERRITT/GETTY IMAGES FILE

Hosting a fund-rager

Unrest also stirring in Winnipeg

Stephen Tobin said other cities, including Winnipeg, have been “nothing short of electric and overwhelmingly positive” of Brown’s pending arrival.

However, the woman behind a Winnipeg fundraiser for victims of domestic violence — not coincidently being held the same night Chris Brown plays the city on Aug. 29 — is taking exception to those comments.

“The guy’s a thug,” said Susie Parker, who immediately began planning a fundraiser for the women’s shelter Osborne House last Friday when she heard of the show.

“Let’s give our money to ... where it’s really needed instead of (in)to his hands, the hands that he uses to hit women.”

SHANE GIBSON/METRO IN WINNIPEG

Elliot Lake. Mall owners assured repairs but never delivered, inquiry hears

Water damage at the Algo Centre Mall in Elliot Lake was so severe the bank threatened to pull the mortgage years before it collapsed, an inquiry heard Monday.

The threat sent the Nazarian family, who owned the mall, on a frantic scramble to forestall the default, but the needed repairs were never made.

“We were in desperate need of funds to fix the roof,” testified Levon Nazarian, who worked alongside his father.

In the summer of 2008, the Royal Bank noted an inspection had revealed it would cost $3 million to make the repairs.

The inspection found “marked deterioration,” severe leaking and extensive damage.

In an effort to head off the bank, the Nazarians signed a deal with a purported contractor, who aimed to borrow $1.7 million to carry out the repairs.

Commission lawyer Peter Doody was incredulous.

“So the company that was going to do the work was going to borrow the money to pay itself?” Doody said.

The contract was forwarded to the bank as evidence the repairs were being done but it was never executed.

Nazarian, 29, also said it was at his request that an engineer changed an inspection report done just weeks before the fatal collapse last year.

He said he wanted to make it “more presentable” but denied the “irrelevant” changes — removing reference to “ongoing” leaking and photos showing severe rusting — were intended to mislead.

THE CANADIAN PRESS

Bob Nazarian, left, owner of the ill-fated Algo Centre Mall in Elliot Lake, with his son Levon at the inquiry. COLIN PERKEL/THE CANADIAN PRESS

Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

MacKay, left, Rempel and Flaherty

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!"

THE CANADIAN PRESS/TORSTAR NEWS SERVICE

Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? $12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Galen Weston, executive chairman of Loblaw, holds his four-year-old son, Graydon Weston, following a press conference in Toronto on Monday announcing that Loblaw Companies Ltd. will acquire Shoppers Drug Mart Corp. for $12.4 billion in cash and stock. MICHELLE SIU/THE CANADIAN PRESS

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for $12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for $5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering $33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at $61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

Nude-pics hearing

Sexy details at inquiry could ruin judge's career: Ruling

A Federal Court justice has ruled that a disciplinary hearing into the conduct of a Manitoba judge whose nude photos ended up on the Internet could cause "irreparable harm" unless it is put on hold.

The Canadian Judicial Council hearing into Queen's Bench Justice Lori Douglas has dragged on for three years and was supposed to resume this summer. Justice Judith Snider said salacious details about the case could arise at the inquiry and damage the judge's reputation unless the hearing is put on hold pending a judicial review.

"The applicant has demonstrated that irreparable harm to her personal and professional reputation will result if the court declines to grant a stay," Snider wrote in a ruling released late Friday.

THE CANADIAN PRESS

Thailand. School sorry for students' Hitler banner

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Suppakorn Disatapundhu said in a statement issued Monday. "We are taking this matter very seriously." THE ASSOCIATED PRESS

A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

They're back, baby!

Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember.

The new boxes hitting shelves this week list the spongy yellow cakes as having 270 calories and a weight of 77 grams for two cakes, or 135 calories and 38.5 grams for one cake.

Right before it went out of business, the predecessor company had told The Associated Press that Twinkies were 150 calories per cake. Photos of past boxes online also indicate the weight to have been 42.5 grams per cake.

A spokeswoman for Hostess, Hannah Arnold, said in an email Monday that the size change was made in "mid-2012" by the predecessor company.

THE ASSOCIATED PRESS

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board has also apologized, saying a summer intern erroneously confirmed the names of the flight crew.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.02¢ (-0.17¢)

Natural gas: $3.67 US (+3¢)
Dow Jones: 15,484.26 (+19.96)

TSX 12,528.35 (+66.18)

OIL $106.32 US (+37¢)

GOLD $1,283.50 (+$5.90)

NOT ALL RIGHT TO WEAR WHITE

SHE SAYS

Jessica Napier
metronews.ca

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches, lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off-limits.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Baby watch is a royal bore

CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them.... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth.
Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch".

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Could you spare a coupon? Two women collect discounts for those in need

News worth sharing

Meet two bargain hunters who give "extreme couponing" new meaning.

In the past year, Colleen Lindemann and Tonia Richardson — founders of the locally based group Coupons for Hunger — have used clipped coupons to get more than $15,000 in free food and household products, all donated to local charities.

This fall, they're also giving a series of seminars to local families in need, sharing tips on how to save money by using coupons and buying in bulk, preparing nutritious meals while on a budget, and more.

Lindemann hopes the program will help families who want to eat healthier, but aren't sure where to start. "Couponing may seem difficult, but really it's so simple," says Lindemann. "I think that by sharing our stories, taking people out shopping and showing them what to look for, it's going to be a win-win for everybody." **CRAIG AND MARC KIELBURGER**

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter

A new study from Ohio State University says smokers cost employers $3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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DVD reviews

Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

●●●○○

The really scary thing about Fede Alvarez's Evil Dead is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's The Evil Dead shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an Evil Dead movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that Evil Dead inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL

Michael Cera, 25, stars in Crystal Fairy, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE
Metro World News in New York

Before discussing his new microbudgeted film, Crystal Fairy, Michael Cera gushes about the films of John Cassavetes. He cites Opening Night, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to Husbands — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like Crystal Fairy, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing The Maid, a hilariously neurotic Argentine dramedy about a grumpy housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, Magic Magic about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny Crystal Fairy in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in This is the End, but Crystal Fairy finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

Getting social. How not to be an online dummy

It's fitting that Aliza Sherman and Danielle Smith first connected in an online space. Sherman, an established author and digital marketing consultant, finally had the chance to meet Smith, a longtime television reporter, at a blogging conference in 2010. That in-person connection manifested itself in the form of the duo's first joint effort, a guide to balancing work and motherhood — Mom: Incorporated. Sherman and Smith have reunited to mark the launch of their new book: Social Media Engagement for Dummies.

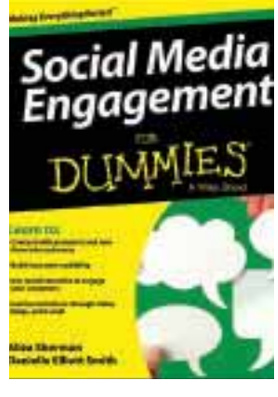
What advice do you give to people who want to develop their personal brand on social media?

Smith: One of the things I love about the book is, true to the "dummies" format, it's broken down into digestible sections about the theories and then we go into the individual platforms. Each of those individual platforms has access and community building opportunities. We hope that we made it very accessible for people.

What are your favourite platforms to use?

Sherman: Personally my favourite is Twitter. I love the speed and brevity of tweeting. As for my clients the most effective platform so far has been Facebook. As much as I adore Twitter, as a consultant I have to give my clients the right tools for them and Facebook wins hands down because of the ultra connectivity. When somebody interacts with you and your brand through your page it becomes reflected in their activity stream and it compels people to share and suddenly the application of your message is huge.

CHRIS LONGO/MWN



Making a film at the pace of a snail

Turbo. Canadian animator tread a long way from conceiving his idea of racing molluscs to getting it up on the big screen

RICHARD CROUSE
scene@metronews.ca

The Sheridan College-trained Dreamworks animator David Soren first hit on the concept of Turbo 10 years ago.

"It started as a lark," he says.

"There was a competition and I turned in the idea the night before the deadline. The Fast and the Furious with snails. That was it. It happened that it won the competition and Dreamworks bought the idea. Then it went nowhere for a long time."

While Soren worked on other projects like Chicken Run, Shrek, Shark Tale and directed a trio of TV specials based on the Madagascar film franchise, the idea of an aspirational snail with dreams of speed stayed with him.

"My six-year-old boy, from birth, came with a love of cars and racing and all things fast," he says.

"I was not a car nut or a race fan growing up but it really got me thinking about the character in different terms and that freed me up to realize that a snail really is kind of a perfect underdog.

"Nobody expects anything of them. Their lives are filled with obstacles; nobody really knows what they do, other than being gross and pesky."

The next step was character design, no mean feat when your stars are 90 per cent shell.

"In the beginning the fact that all those things that you usually rely on, like arms and legs and eyebrows (were missing meant that) we had to get more creative about how to do it. I did drawings early on of these snails with arms and it was creepy.

"It was just a matter of coming up with other viable ways for them to emote and move around."

Taking his kids to animated movies also gave him a real sense of what he wanted and, more importantly, didn't want, in Turbo.

"I find myself growing impatient with animated movies that are just a bunch of gags," he says.

"I feel like I am just going to amuse or babysit my kid. And yet by the same virtue I think it is pointless to make an animated movie that doesn't have some appeal to children.

"It has made me want to see all sides of it a bit more and find the heart, find the human story in there — that universal thing that any audience member can connect with but not lose the kids either, because they're important."

David Soren, far right, attends the Turbo premiere in Barcelona with Turbo stars Michael Pena, Samuel L. Jackson, Snoop Lion and Ryan Reynolds. GETTY IMAGES

Give Turbo a chance

"...A snail really is kind of a perfect underdog. Nobody expects anything of them, their lives are filled with obstacles..."

Turbo writer and animator David Soren

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jenny's got a View, and I've got one too

THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. Shame on Barbara Walters, a true journalist, for giving this fear-mongering nitwit a microphone. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.

Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ.

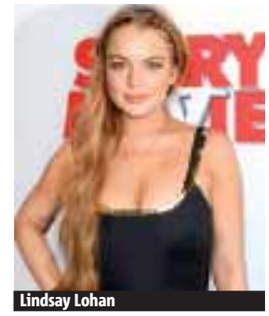
"Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results should be announced in two or three days.

The autopsy began Monday.

Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time.

He was alone and there were reportedly no signs of foul play.

Keepin' it real: Lo and O make a show



Lindsay Lohan

Lindsay Lohan is set to star in her own eight-part reality series for Oprah Winfrey's OWN network chronicling the troubled starlet's attempts to rebuild her career once she's finished with her latest stint in rehab. And apparently Lindsay's mom, Dina Lohan, thinks the deal comes with some hands-on care from Winfrey herself. "It's fantastic," Dina tells E! News. "If anyone is going to help mentor you, it's going to be Oprah."

Twitter

@kirstiealley
early to rise, early to work... I'm trying to sound chipper but it's just too early..chip chip chip

@joeldavidmoore
R Kelly is my favorite musician that just sings long texts he writes to girls.

@KChenoweth
Dear Super Bubble, where are you? Youre not at 7/11 anymore (at least in Cali)

Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in The Wolverine. His trainer, David Kingsbury, tells us how he went from skinny to superhero

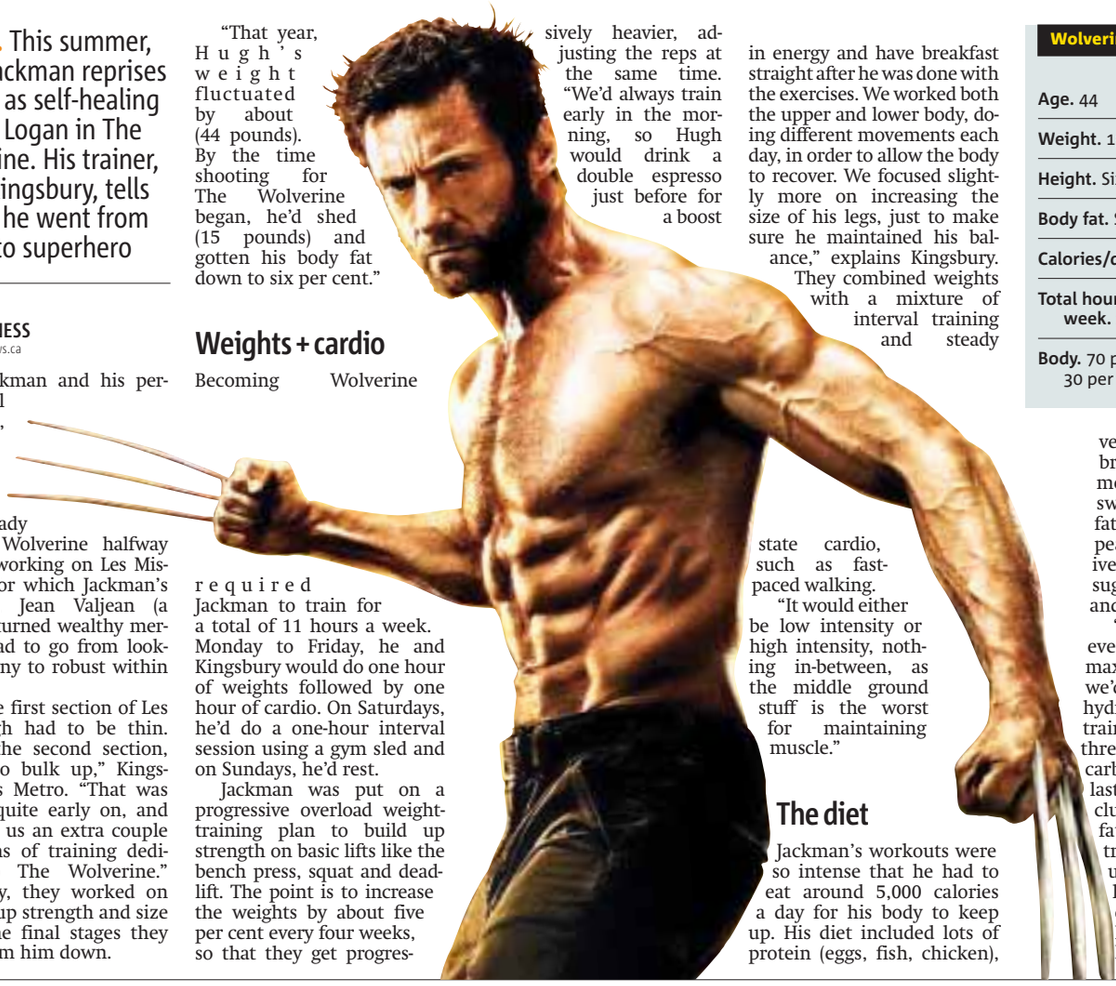
ROMINA McGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for The Wolverine halfway through working on Les Misérables, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of Les Miz, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to The Wolverine."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for The Wolverine began, he'd shed (15 pounds) and gotten his body fat down to six per cent."



Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the same time. "We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury.

They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken), vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats. On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

Wolverine in numbers

Age. 44

Weight. 198 pounds

Height. Six foot two

Body fat. Six per cent

Calories/day. 5,000

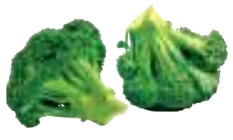
Total hours of workouts / week. 11

Body. 70 per cent diet and 30 per cent training

What Hugh Jackman ate to bulk up

Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato

Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach

Meal 4

Grilled salmon
Half an avocado
Broccoli

What Hugh Jackman ate to lose fat

Meal 1

Four poached eggs, smoked salmon, half avocado

Meal 2

Grilled chicken breast
Spinach, half avocado

Meal 3

Grilled chicken breast
One tbsp of hummus
Broccoli

Meal 4

Seven eggs (four whites, three whole) scrambled with lean ham, spinach

You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake

This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

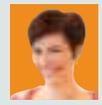
6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan; smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Health Solutions

There's an app for that (guest)



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-y or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

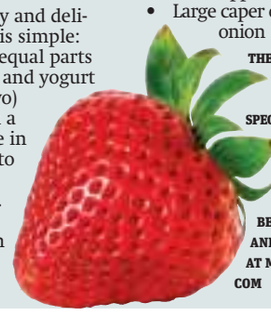
Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side dish. Orange-Tarragon Lobster-Topped Baked Potato

1. Heat oven to 200 C (400 F).

2. Gently scrub potatoes to remove dirt and loose skin; prick each potato several times with a fork. Bake for 45 minutes or until cooked through. Let cool slightly. Cut top off potatoes (lengthwise).

3. In bowl, mix remaining ingredients. Top each potato and serve. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Ingredients

- 4 large russet potatoes
- 250 ml (1 cup) chopped cooked lobster meat
- 15 ml (1 tbsp) mayonnaise
- 10 ml (2 tsp) chopped fresh tarragon
- 1 ml (1/4 tsp) coarse salt
- 125 ml (1/2 cup) chopped fennel
- 2 ml (1/2 tsp) orange zest
- 30 ml (2 tbsp) orange juice
- 5 ml (1 tsp) olive oil
- Pepper, to taste

Bacon mayo: Game changer for a classic summer salad

Bacon Mayo

1. In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a 2-cup liquid measuring cup. Check the volume. If you don't have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on the potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water almost to the opening. The water will squeeze out most of the air. Seal the bag.

2. Microwave on high until the potatoes are tender, about 4 minutes in an 1,100-watt microwave. Use care when removing the bag from the oven; the steam released as you open the bag can cause burns. Remove the potatoes from the bag and set aside to cool.

3. In bowl, stir together the onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins 1/2 to 1 inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crispy bacon bits. THE ASSOCIATED PRESS/ W. WAYT GIBBS EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Ingredients

Bacon Mayonnaise

- 1 lb bacon
- Canola oil (if needed)
- 5 tbsp egg yolks (4 yolks)
- 3 tbsp water
- 1 1/2 tbsp Dijon mustard
- 1/4 tsp xanthan gum
- 1 1/2 tbsp lemon juice
- 2 1/2 tbsp white wine vinegar
- Salt, to taste

Salad

- 3 cups small fingerling potatoes
- 1 tbsp water
- 1/3 cup minced red onion
- 1/4 cup bacon mayonnaise
- 1 1/2 tbsp Dijon mustard
- Salt, to taste
- Bacon bits, to garnish (reserved from mayonnaise recipe)

This recipe serves 4 as a side. MATTHEW MEAD/ THE ASSOCIATED PRESS

Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN
Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

The 33-year-old dad told us about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?
It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity.

Greg Pembroke, blog creator and author of Reasons Why My Son is Crying

Why do you think this has struck such a chord?
In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. … Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?
It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Believe it or not, most parent will actually miss the unnecessary crying phase their toddler goes through. ISTOCK

Are you over-insured? Read the fine print

Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesmen?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

Managing money from wedding bells and beyond

A wedding is a joyful life milestone, but for many it comes with a big price tag. The stress, not to mention the cost, of wedding planning can be a challenge. Successful couples need to discuss finances together.

Establishing good financial habits while planning for your wedding can start you down the path toward a successful financial future together.

"A wedding may be the biggest expense you've ever planned and saved for together. It's a great opportunity to start 'money talks' which should continue throughout your marriage," says Sandy Cimoroni, president at TD Mutual Funds and Executive Sponsor of TD's Women Investor Program.

Cimoroni shares three common mistakes couples make when it comes to managing money, and how to overcome them:

Failing to communicate.
Discuss how you'll pay for any wedding-related expenses — from the venue, to flowers, to cake, and everything in between. Beyond just your wedding, you should be open and willing to talk about money and learn about each other's financial history and views about money.

Not having a budget or financial plan
Many couples don't take the initiative, or wait too long to write down their short, medium and long term goals. Work together on your finances beyond the wedding day. Discuss and establish goals, keep track of your spending, and make the "money talk" an ongoing conversation.

Being on a different page when it comes to finances
You and your partner may have different attitudes about money; one person may be a saver, the other a spender. Acknowledge your differences and take advantage of each other's strengths to successfully manage your money as a couple.

"Open communication starting in the early stages of marriage — and even before — helps you stay on the same page about your combined financial goals and strategy," adds Cimoroni.

NEWS CANADA

A wedding is a big expense. It's the perfect time to start 'money talks'. ISTOCK IMAGES

All-stars flex their muscles in Home Run Derby

Yoenis Cespedes of the Oakland Athletics connects with a pitch during the Home Run Derby on Monday in New York. Cespedes got the annual event started with a bang, belting 17 homers in the first round. For the results from the Home Run Derby, go to metronews.ca. MIKE EHRMANN/GETTY IMAGES

Moore returns to NHL with wife in his heart

Back from hiatus. Native of Thornhill, Ont., hopes to re-establish hockey career after his wife died from a rare form of cancer

When Dominic Moore took a year away from the NHL, he did so with little to no fanfare.

Moore's wife, Katie, was diagnosed with a rare form of liver cancer in April 2012 and died Jan. 7, 2013, at the age of 32. The lockout had just ended, and his mind wasn't on hockey.

There was no formal announcement, just the eventual realization that the free-agent centre wouldn't be playing.

"It was a very difficult decision to decide to take some time away from the game," he said in an interview last week. "At the same time it was the right decision. I didn't want to do anything where I wasn't going to be able to give it my full attention or focus."

Fast-forward six months and Moore is ready to resume his career after signing a one-year, $1-million US deal with the New York Rangers. Moore hopes he can re-establish himself as an NHL regular and also use that stage to promote the Katie Moore Foundation and other charitable efforts.

Moore is hosting the second Smashfest Charity Ping-Pong Challenge on July 25 in Toronto to raise money for the Katie Moore Foundation and some brain-injury and concussion-research groups. Martin St. Louis, Logan Couture, Joel Ward, George Parros and David Clarkson are among the current players set to take part.

"The support through the hockey world is great," Moore said. "Situations like this come up, you see how people come together to support each other, and I'm grateful for that."

THE CANADIAN PRESS

Quoted

"I think Dom is a 100 per center. If he does something, he's 100 per cent committed."

Martin St. Louis, on former Tampa Bay Lightning teammate Dominic Moore, adding he's "so glad that he's back playing next year."

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from $77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here

"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

Supplements seized

Italian police raid sprinters' rooms

Italian police raided the hotel where Jamaican sprinters Asafa Powell and Sherone Simpson and a Canadian trainer were staying Monday after the two athletes tested positive for banned stimulants.

Rooms of the athletes and physical trainer Christopher Xuereb were searched and drugs and muscle supplements were seized, Udine police captain Antonio Pisapia told The Associated Press.

THE ASSOCIATED PRESS

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Domi signs deal with Coyotes

Max Domi GETTY IMAGES FILE

The Phoenix Coyotes have signed first-round draft pick Max Domi to a three-year, entry-level contract.

Phoenix selected Domi with 12th overall pick in this summer's draft. The Toronto-born forward scored 39 goals and 87 points in 64 games last season for the Ontario Hockey league's London Knights.

Domi led the Knights in points, goals, and tied for first on the team in assists and plus-minus in 2012-13.

He also had a team-high 32 points in 21 post-season games, leading the Knights to their second consecutive OHL championship.

"Max is a very talented young player with a bright future," said Coyotes general manager Don Maloney in a statement Sunday. "He had an impressive prospect development camp and we look forward to watching his progress."

Domi has been named to Hockey Canada's roster for the 2013 National Junior Team summer development camp, which will take place Aug. 4 to 10 in Brossard, Que., and Lake Placid, N.Y. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus
April 21 - May 21
By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini
May 22 - June 21
You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer
June 22 - July 23
This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo
July 24 - Aug. 23
You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo
Aug. 24 - Sept. 23
If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you shouldconsider getting involved. Make the world a better place.

♎ Libra
Sept. 24 - Oct. 23
Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio
Oct. 24 - Nov. 22
If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

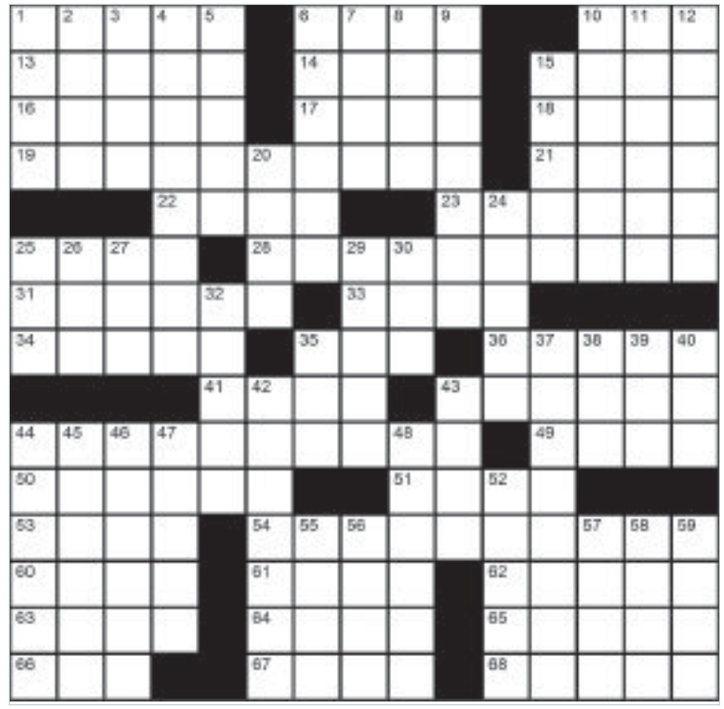
♒ Aquarius
Jan. 21 - Feb. 19
Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces
Feb. 20 - March 20
You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



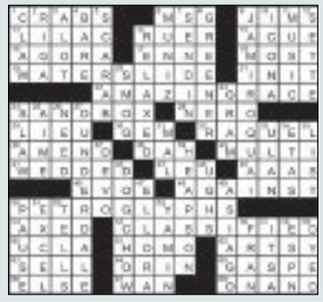
Across

1. Ex-Pres. Bill Clinton's nickname
6. Entr'__ (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's __ __ to you now."
14. Mr. Griffin
15. London, England's __ Park
16. Summery drink
17. Eurythmics' "Would _ __ to You?"
18. Take down __ (Humble): 2 wds.
19. Prime Minister's country retreat, __ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, _ __ Russia $1200
34. Gawk
35. Fitting
36. Pacific __
41. Party inviter's request [acronym]
43. Neat __ _ __ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. __" (1999)
51. Each: 2 wds.
53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the __ __
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"
63. Pegs on the green
64. Warren Beatty/ Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-__
68. Machine button, perhaps

Down

1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one
6. Martin Short comedy, "Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___ _
11. Antarctica penguin
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarines
25. House temp. coolers
26. Temple in Cambodia, Angkor __
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. __.
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup _' __ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		7		5		4	
9								7
		8		1		2		
	9	7		3		6	8	
	1			8			2	
	8	4		2		5	9	
		6		9		4		
8								5
	4		8		6		3	

Yesterday's Sudoku

2	7	4	9	6	3	8	1	5
5	3	9	8	1	4	2	7	6
1	8	6	2	5	7	4	3	9
4	5	8	3	7	1	6	9	2
7	2	1	5	9	6	3	8	4
6	9	3	4	8	2	1	5	7
8	6	5	1	2	9	7	4	3
3	1	2	7	4	5	9	6	8
9	4	7	6	3	8	5	2	1

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